

















September 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Enjoy the last days of summer; turn off the TV and go outside	2 
3	4 Labor Day 	5 Help an elderly neighbor with yard work	6	7	8 	9 Take a walk in a state park or reservoir on INShape Indiana DNR Day. Click here for more info.
10 Grandparents Day- Spend time with your loved ones	11	12 Get the entire family involved in team sports this Fall	13 	14	15	16 Relax in a healthy way 
17	18 Try cooking with a new vegetable	19	20 	21 World Alzheimer's Day- Read to your children to stimulate your mind	22	23 Autumn Begins 
24 World Heart Day- Participate in a heart-healthy activity	25 	26	27 Take a family bike ride	28	29	30 Enjoy a day with the family at your local farmer's market 

October 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 National Child Health Day 	3	4	5	6 Hilly Hundred 	7 Get outside this weekend
8	9 Eat dinner as a family tonight	10 	11	12 Ask each other about school/work	13	14 Monster Mash Dash 
15 Try a new fruit this week 	16 World Food Day - Experiment with healthy recipes tonight	17	18	19	20 National Mammography Day - Schedule your appointment today	21 Visit Brown County 
22	23 Drink water instead of soda or juice at lunch today.	24	25 Lung Health Day 	26	27 Instead of delivery, make a healthy pizza together	28
29 Take a moment to talk as a family	30	31 Halloween- Try healthier treats this year. Click here for some fun, creative ideas. 				

November 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Challenge each other to make healthy choices this month	2	3 Outback Scramble 	4 Take a hike with the family at one of Indiana's beautiful state parks
5 Prepare a week's worth of healthy snacks	6	7 Teach children the value of clean hands & proper hand-washing technique	8 	9	10	11 Potter's Bridge Step 'N Stride
12 Rake leaves as a family 	13	14 	15	16 Great American Smokeout 	17 Discuss the importance of not smoking with your children. Click here for ideas.	18
19 Try to engage in extra physical activity this week	20	21	22	23 Thanksgiving 	24 Get back on track after the holiday. Be creative, make a healthy meal from leftovers.	25 
26	27 Burn off excess holiday calories; walk around your neighborhood and pick up trash	28	29 Try a new activity today 	30		